

Diabetes Class Schedule

January-June 2010



Welcome to the Swedish Diabetes Education Center

Whether you have just recently been diagnosed, or have lived with diabetes for many years, ongoing education is essential to maintaining good health. The more you know about diabetes, the more effective you will be in controlling it. The Swedish Diabetes Education Center provides the self-management education that you need to successfully manage diabetes and reduce the risk of complications.

The following is a list of classes offered from January through June 2010. All classes are taught in English. Non-English speaking patients are taught in individual sessions using medical interpreters. Both individual and group instruction is provided. Members of the teaching staff are certified diabetes educators, each with more than 15 years of experience as a nurse or dietitian.

The program is recognized by the American Diabetes Association and is Medicare-approved.

*For more information or to access
a class schedule online, go to
www.swedish.org/diabetes.*

How to Register for a Class

Preregistration is required for all classes. To register, call 206-215-2440. Class dates and times will be confirmed when you register.

- A referral is required from your physician that includes clinical information about diabetes. Referrals should be faxed to 206-215-2457.
- Your insurance company may also require a referral from your primary-care provider before you register. Check with your insurance provider.

Class Locations

- **First Hill Campus**
801 Broadway, Suite 611
Seattle, WA 98122
- **Issaquah Campus**
2005 N.W. Sammamish Rd.
Issaquah, WA 98027

Note: All classes listed in the calendar are held at the First Hill campus, except those marked by an “(I)” for classes held at the Issaquah campus.

Diabetes Education Center Class Descriptions

Diabetes Education Series

This series of three classes provides an introduction to diabetes self-management.

- **First Steps**

(3½ hours – offered three times a month)

Participants in this class will learn the physiology of diabetes and how to do blood-glucose monitoring using his or her own meter or a meter that will be provided. Participants will also learn the basic principles of nutrition, including how food affects blood glucose, carbohydrate management, portion control and other meal-planning strategies.

Location: First Hill and Issaquah

- **Second Steps**

(3½ hours – offered three times a month)

This class builds on the foundation provided in First Steps. It includes discussion of medications, hypoglycemia, sick-day management, carbohydrate counting and the role of activity in blood-glucose management.

Prerequisite: Completion of *First Steps* or recommendation from your certified diabetes educator

Location: First Hill and Issaquah

- **Third Steps**

(3½ hours – offered three times a month)

This class discusses portion control, eating out and principles of heart-healthy meal planning. An endocrinologist presents strategies for staying healthy and preventing complications.

Prerequisite: Completion of *Second Steps*

Location: First Hill and Issaquah

At each class in the series, experience in blood-glucose pattern identification is practiced and self-management goals are identified.

- **Fourth Steps**

(2 hours – offered once every other month)

This class provides added instruction on a particular topic for nutrition management of diabetes. It also provides an opportunity for participants to review their goals set in Steps Class and further develop their self-management skills and their confidence in problem-solving diabetes control issues. Participants should consider Fourth Steps three to six months after completing the Steps Classes.

Location: First Hill

Gestational Diabetes Class

(two hours – offered twice a week)

This class teaches the woman with gestational diabetes how to manage her blood glucose during pregnancy. The participant will learn about the physiology of gestational diabetes and the basic principles of nutrition. She will be taught how to do blood-glucose monitoring using a meter that will be provided.

Location: First Hill

Gestational Diabetes Follow-up

(one hour – offered twice a week)

This class evaluates progress toward blood-glucose control with the pregnant mother.

Prerequisite: Completion of *Gestational Diabetes Class*

Location: First Hill

Insulin Start

(one hour – available by appointment)

This class teaches insulin-injection techniques, how insulin works, and how hypoglycemia is recognized and treated.

Prerequisite: Physician orders and monitoring

Introduction to Insulin Pumps

(scheduled as requested)

This one-hour appointment with an R.N. introduces the patient to the features of an insulin pump. Information and materials are provided for the patient who is deciding whether insulin pump therapy is right for them.

Prerequisite: Recent records of blood-glucose monitoring and understanding of basic principles of diabetes self-management plus a physician referral

Location: First Hill

Insulin Pump Start

(three hours on two consecutive days – available by appointment)

This series of classes teaches patients how to intensively manage their diabetes using insulin pump therapy.

Prerequisite: Assessment appointment with an R.N.; a letter of medical necessity from an endocrinologist; authorization from the insurance company for pump, supplies and training; and demonstrated understanding of carbohydrate counting and blood-glucose monitoring

Location: First Hill

Pre-Diabetes Class

(two hours – offered twice a month)

This class is taught by a registered dietitian. It covers topics related to lifestyle modifications which may prevent or delay the development of type 2 diabetes. Nutrition and physical activity recommendations are discussed. *Note:* This class may or may not be covered by your insurance plan; check with your carrier.

Location: First Hill

Introduction to Byetta (Exenatide) and Symlin (Pramlintide)

(by appointment only)

In addition to learning about Byetta and Symlin, participants will learn about injection technique using a pen, timing of administration relative to meals, and expectations regarding changes in appetite and weight loss. The signs, symptoms and interventions for hypoglycemia will also be discussed.

Prerequisite: Physician prescription for medication and a physician referral

Assessment of Diabetes Control – For Insulin-Pump Users

(by appointment only)

During this individual appointment, a certified diabetes educator will evaluate the participant's current pump practices and rates. Updates on the latest insulin pump advancements will be provided. The assessment is suggested at least annually for all pump wearers and any other time when the achievement of improved blood glucose is desired.

Support Group

The Swedish Diabetes Education Center serves as a meeting place for a volunteer-led support group. The group meets on the first Wednesday of every month at 7:30 a.m. Please feel free to drop in. Call 206-215-2440 for more information.

Location: First Hill

Continuous Glucose Monitoring (Sensor)

(scheduled as requested)

This one-hour appointment with an R.N. introduces the patient to the features of Continuous Glucose monitoring. This series of appointments teaches patients how to intensively manage their diabetes using the Continuous Glucose Monitoring and Sensor. Information and materials are provided.

Location: First Hill